

WHY ESSENTIAL AMIN.O. ENERGY®?

- Supports Energy, Focus and Hydration any time of day†‡
- Caffeine from Natural Sources†
- Amino Acids to support muscle recovery‡
- 0 g of Sugar



ACTIVE LIFESTYLE*



ENERGY & FOCUS*



SPORTS PERFORMANCE*

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN WHO ARE PREGNANT, TRYING TO GET PREGNANT, OR ARE NURSING, OR THOSE WHO ARE SENSITIVE TO CAFFEINE OR BETA-ALANINE. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 6 SCOOPS WITHIN ANY 4 HOUR PERIOD OR 8 SCOOPS WITHIN ANY 24 HOUR PERIOD. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 100 FL OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.



9.5 GRAMS

ABOUT 2 SCOOPS ESSENTIAL AMIN.O. ENERGY™



10-12 FL OZ

COLD WATER



30 SECONDS

MIX UNTIL DISSOLVED

ON OPTIMUM NUTRITION

ESSENTIAL AMIN.O. ENERGY®

ENERGY + HYDRATION

DIAL UP YOUR ENERGY & AMINOS*

9.5 G (ABOUT 2 SCOOPS) = ONE SERVING

SCOOP #	1 x 2 (9.5 g)	1 x 4 (19 g)	1 x 6 (28.5 g)
ENERGY LEVEL*	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE LEVEL†	100 MG	200 MG	300 MG

FOR PRE-WORKOUT & DURING WORKOUT ENERGY & HYDRATION SUPPORT*:

TAKE 2-6 SCOOPS 20-30 MINUTES BEFORE TRAINING.

FOR POST-WORKOUT AMINO SUPPORT*:

TAKE 2-4 SCOOPS AFTER TRAINING.

FOR ANYTIME ENERGY SUPPORT*: TAKE 2-4 SCOOPS.



ELECTROLYTES

CAFFEINE
FROM NATURAL SOURCES†

5G

AMINO ACIDS

0G

SUGAR



TANGERINE WAVE
ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT
NET WT 10.05 OZ (285 G) • 30 SERVINGS

Supplement Facts

Serving Size 9.5 g (About 2 Scoops)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Total Sugars	0 g	**
Magnesium	60 mg	14%
Chloride	190 mg	8%
Sodium	115 mg	5%
Potassium	45 mg	1%
Amino Blend	5 g	**
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine, Micronized L-Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine Hydrochloride, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine		
Electrolyte Blend	440 mg	**
Sodium Chloride, Magnesium Oxide, Potassium Chloride		
Caffeine†	100 mg	**
Green Tea Leaf Extract	50 mg	**
Green Coffee Bean Extract	10 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Tartaric Acid, Silicon Dioxide, Calcium Silicate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Inulin, Sunflower and/or Soy Lecithin, Yellow 5 and 6, Red 40.

CONTAINS: SOY.



MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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MANUFACTURED
IN THE USA

THIS PRODUCT CONTAINS
INGREDIENTS OF
INTERNATIONAL AND
DOMESTIC ORIGIN.



AT TIME
OF FILL

AFTER
SETTLING

**CONTENTS SOLD BY
WEIGHT NOT VOLUME.
SOME SETTLING WILL
OCCUR.**

PHENYLKETONURICS: CONTAINS
PHENYLALANINE.

NO ASPARTAME.

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place away from direct sunlight. Keep container closed when not in use. Close container tightly after each use.

SERVING SCOOP INCLUDED, BUT
MAY SETTLE TO THE BOTTOM
DURING SHIPPING.

† CAFFEINE FROM TEA LEAF AND/OR
COFFEE BEAN.

‡ WHEN ADDED TO AT LEAST 10 FL OZ
OF WATER.

Shake gently before first use.



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9

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.